



8 WEEK

5 MILE ADVANCED

M T W T F S

WEEK 1
October 2-8

30 minute Run	Rest	Speed Workout	Rest	30 minute Run	4 mile Run
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WEEK 2
October 9-15

35 minute Run	Rest	Speed Workout	Rest	35 minute Run	4.5 mile Run
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WEEK 3
October 16-22

40 minute Run	Cross Train	Speed Workout	Cross Train	40 minute Run	5 mile Run
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WEEK 4
October 23-30

45 minute Run	Cross Train	Speed Workout	Cross Train	45 minute Run	5.5 mile Run
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WEEK 5
Oct 31 - Nov 5

50 minute Run	30 minute Run	Speed Workout	Cross Train	50 minute Run	6 mile Run
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WEEK 6
November 6-12

55 minute Run	30 minute Run	Speed Workout	Cross Train	55 minute Run	6-7 mile Run
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WEEK 7
November 13-19

60 minute Run	40 minute Run	Speed Workout	Rest	40 minute Run	5 mile Run
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WEEK 8
November 20-26

35 minute Run	30 minute Run	20 minute Run			
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Refer to next page for Speed Workout assignments

*Sundays = Rest Days



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SPEED WORKOUTS

- Week 1** 10min warmup jog
6 x 1min fast / 1min slow
5min cooldown jog
- Week 2** 12min warmup jog
5 x 3min fast / 90sec slow
8min cooldown jog
- Week 3** 12min warmup jog
3 x 5min fast / 2min slow
10min cooldown jog
- Week 4** 15min warmup jog
6 x 1/2 mile at Goal Race Pace / 90sec walk
10min cooldown jog
- Week 5** 15min warmup jog
5 x 2min fast / 1min slow
10min cooldown jog
- Week 6** 15min warmup jog
4 x 1 mile at Goal Race Pace / 2min walk
10min cooldown jog
- Week 7** 12min warmup jog
6 x 1min fast / 1min slow
8min cooldown jog
- Week 8** Race Week! No speed workout



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TRAINING TIPS

Warmup: Dynamic movements such as leg swings, lunges, and marching high knees are a great way to get your heart rate elevated and loosen up before your walk/run. Save the deep, static-stretching for after!

Time or Distance: Most training days will be assigned by time (~30-60min) while Saturday is listed with a total mileage. This ensures the program fits the needs of everyone, regardless of pace.

Cross Training: As you progress through the program, you will notice days labeled “Cross Training.” These are intended to provide aerobic benefit from ANY activity that is not running or walking (ie: strength training, elliptical, spin class, etc.).

Schedule: You may rearrange days to fit your needs -- be sure to spread out cross training and rest days throughout the week while running slower on days you may feel more sore from speed workouts or long runs.

Effort: This plan is intended for more experienced runners. Running paces should be performed at a conversational pace on days assigned in minutes and faster on days assigned as speed workouts. It is important to incorporate faster and slower running into a well-rounded training plan.

Injury/Illness: If you experience any illness throughout the program, take caution and a few days off to allow your body time to recover before picking things back up. If at any point you have injury concerns, PLEASE seek medical attention.